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For Oahu Media Release March 4, 2004

FREE FORUM ON "FORGIVE FOR GOOD" SCHEDULED FOR MARCH 16

A free public forum on the importance of forgiveness will be held on Tuesday, March 16, from 6:00 p.m. to 8:00 p.m. at The Mediation Center of the Pacific in the Dole Cannery Office Building, 680 Iwilei Road, Suite 530.

"Forgive for Good" is a one-hour video lecture by Dr. Fred Luskin, director of the Stanford Forgiveness Project. Dr. Luskin discusses the concept of forgiveness, and benefits from and steps to forgiveness. He provides dramatic examples from his own research and shares results of the nine steps toward forgiving oneself and others. The video will be followed by a discussion about the importance of forgiveness in our own and others' lives.

This event is sponsored by the Hawai'i State Judiciary's Center for Alternative Dispute Resolution, The Mediation Center of the Pacific, and the University of Hawai'i's Program on Conflict Resolution. Call The Mediation Center of the Pacific at 521-6767 to reserve a seat or for more information.

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Contact:

Elizabeth Kent 539-4237

Marsha E. Kitagawa 539-4909

*For more information, contact the public affairs office at 808-539-4909
or via email at pao@courts.state.hi.us*